

Refried beans with chorizo

TIME: < 30 mins | SERVES: 4



Authentic? Yes please. Mexican refried beans make a simple meal. *Photo: Marina Oliphant*

Refried, or recooked, beans are quick and easy to make. Choose the chorizo depending on how spicy you want it to be.

Ingredients

1 spicy chorizo sausage, semi-cured
2 tbsp olive oil
1 onion, diced
4 cloves garlic, peeled and finely chopped
2 x 400g tins of organic red kidney beans, drained and rinsed
Sea salt
*Fresh cheese, mozzarella or fetta, crumbled to serve
Coriander sprigs, to serve

*If in Melbourne, fresh cheese can be sourced at Spanish food store Casa Iberica. It is a mild cheese. You could substitute mozzarella - or feta, which gives an interesting, if not authentic, flavour.

Method

Squeeze small chunks of chorizo out of the casing and set aside.

Heat oil in a frypan and gently fry the chorizo for five minutes. Add onion and garlic and fry for a few minutes to soften.

Add the beans and mash roughly with a potato masher or the back of a wooden spoon. Stir to combine all the ingredients.

Taste and season with salt, if required.

Spoon into a large serving bowl and top with crumbled cheese and coriander. Serve immediately.

